Going Out? Do it Safely!

Your actions matter – make informed choices to keep yourself and others safe.

Avoid

- Closed spaces
- Crowded places
- Close contact

Always

- Stay home and away from others if you feel sick
- Follow local public health advice
- Stick to a small and consistent social circle

**Low Risk**
- Getting mail and packages
- Restaurant takeout
- Community/Outdoor parks and beaches
- Running/hiking/biking solo or at a distance from others
- Socially distanced gathering
- Going for a walk
- Backyard BBQ with your ‘bubble’ contacts

**Medium Risk**
- Hair salons/barber shops
- Outdoor restaurant/patio
- Medical/health appointments/clinics
- School/large gatherings
- Tattoo/skincare
- Working in an office
- Playing on play structures
- Visiting elderly or at-risk family/friends in their home
- Movie theatre

**High Risk**
- Bars and nightclubs
- Crowded indoor restaurant/buffet
- Gyms and fitness studios
- Amusement parks
- Cruise ships and resorts
- High contact sports with shared equipment
- Bars and nightclubs
- Large religious/cultural gatherings
- Musical concerts or places where people are singing or shouting
- Watching sporting events in arenas and stadiums
- High contact sports with shared equipment
- Sexual activity with new people

Risk levels may vary based on your ability to physically distance, the use of non-medical masks by you and others, and other measures that may decrease risk. Some examples of low, medium, high risk are provided above but depend on whether or not proper public health measures are followed. Risk level for exposure is impacted by closed spaces, prolonged exposure time, crowds, forceful exhalation/sneezing, coughing, sneezing, coughing.